



June 2010
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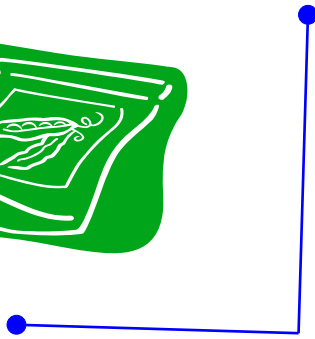
CACFP NEWS & TIPS

CACFP REMINDERS

1. Day Nursery / Child Care Answer office will no longer accept cash. You must pay by check, credit card or money order.
2. You cannot alter meal sheets after end of business day. You should only mark children who are there for that meal. If you forgot to mark it and your meal time or business day is over, you cannot go back and mark it. When we compare 5 day reconciliation from visit sheet it should match with your submitted claim.
3. The weather has warmed up and school is almost out. Please remember to call if you will be out for field trips, vacation etc...
4. Our monitor is not responsible for bringing your paperwork back to the office. It is your responsibility to mail or bring your paperwork to our office.
5. We are working on dates for our CACFP annual trainings, we will post in the July newsletter.
6. Claims are due by the 5th of the next month. Please submit in CW or have in our office by the end of business on the 5th.

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We have included a printout of your times and holidays. If something is not accurate please submit a correction in writing. You must serve between these times, any meals served outside of these times may not be claimed. We had to change a few of your times because they did not meet DOE meal time policy.



Activity/Recipe of the Month

Good Snack Song

- At snack time, talk about how snacks give us energy between meals.
- Give children examples of healthy snacks.
- Lead children in singing the following song, to the tune of "Mary Had A Little Lamb," filling in the blank with the day's snack choice.

A good snack for you and me, you and me, you and me. A good snack for you and me,

We'll eat _____.

Source: nfsmi.org

Berry-Graham Dominos

- 1 graham cracker sheet
- 1 Tbs Cool Whip whipped topping
- 1/2 cup of blueberries or raspberries

Directions:

Top crackers with evenly with whipped topping. Top with blueberries to resemble dominos. Serve immediately.

Makes: 1 serving for children ages 1-2 and 3-5. You can substitute raisins for the fruit.

Source: kraftfoods.com



Book Review

Alexander and the Terrible, Horrible, No Good, Very Bad Day

By: Judith Viorst Reviewed By: Amazon.com

Menu of the Month

Breakfast

- French Toast
- Pineapple Chunks
- Milk



Snack

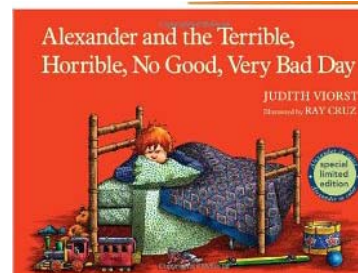
- Berry-Graham Dominos*
- Water

Lunch

- Crispy Baked Chicken
- Oven Baked Potato Wedges
- Peach Halves
- Whole Wheat Roll
- Milk

*see recipe

Make your meals exciting. Take some tips from the menu of the Month.



"I went to sleep with gum in my mouth and now there's gum in my hair and when I got out of bed this morning I tripped on the skateboard and by mistake I dropped my sweater in the sink while the water was running and I could tell it was going to be a terrible, horrible, no good, very bad day."

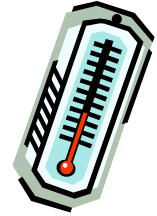
So begin the trials and tribulations of the irascible Alexander, who has been earning the sympathy of readers since 1972. People of all ages have terrible, horrible days, and Alexander offers us the cranky commiseration we crave as well as a reminder that things may not be all that bad. As Alexander's day progresses, he faces a barrage of bummers worthy of a country-western song: getting smushed in the middle seat of the car, a dessertless lunch sack, a cavity at the dentist's office, stripeless sneakers, witnessing kissing on television, and being forced to sleep in railroad-train pajamas. He resolves several times to move to Australia.

Judith Viorst flawlessly and humorously captures a child's testy temperament, rendering Alexander sympathetic rather than whiny. Our hero's gum-styled hair and peevish countenance are artfully depicted by Ray Cruz's illustrations. An ALA Notable Book, *Alexander and the Terrible, Horrible, No Good, Very Bad Day* is a great antidote to bad days everywhere, sure to put a smile on even the crabbiest of faces.



Nutritional Information

Safe Food Storage



Have you ever thought about why we keep things in the refrigerator and freezer, or store foods in airtight containers? How foods are stored affects both quality and safety. Improperly stored food can lead to food spoilage and possible illness. One way workers show they keep food safe is by maintaining proper storage conditions.

In a child care home, it is your responsibility to make sure that the food is safe for the children to eat. Children are especially at risk for foodborne illness because their immature immune systems are not as able to fight off an illness. It is important to keep food safe at all times. This includes all steps the food goes through from the time it is purchased to the time it is cooked and served.

Keeping Food Safe During Storage

The proper storage of foods minimizes potential contamination and growth of microorganisms. Microorganisms are so small that they cannot be seen. They are found everywhere — in the air, soil, and water — and may be transmitted to food by animals, rodents, or humans. Microorganisms grow more rapidly at temperatures between 41°F and 135°F. This temperature range is called the temperature danger zone. Food should be handled so that the amount of time the food is in the temperature danger zone is kept to a minimum.

Keep raw meats separate from ready-to-eat foods. Use an ice chest or insulated container to transport cold foods from the grocery store or to the park. Store refrigerated and frozen foods as soon as you return from food shopping. Rotate foods to ensure the oldest product is used first.

Storing Foods in the Refrigerator

The refrigerator should be at a temperature that maintains food at 41°F or below. For best practice, check the temperature of all refrigerators and record daily. Here are some general tips for storing foods in the refrigerator:

- Do not overstock the refrigerator. Allow the cool air to circulate freely to chill foods as quickly as possible.
- Label and date all foods.
- Speed the cooling of hot foods and minimize the time in the temperature danger zone by transferring to shallow containers.
- Store raw or uncooked foods below ready-to-eat foods to prevent cross-contamination.
- Clean refrigerators often and as needed.

Storing Foods in the Freezer

Freezing food does not kill microorganisms but usually does prevent them from multiplying to a level that can cause foodborne illness. The correct temperature for the freezer is 0°F or below. As with refrigerators, the temperature should be monitored and recorded regularly. Do not thaw frozen foods at room temperature; this is in the temperature danger zone. Here are some general tips for safely storing foods in the freezer:

- Arrange foods to allow cold air to circulate around the food.
- Store frozen foods in moisture proof materials or containers to maintain the quality of the food.

Storing Food in Dry Storage

Dry storage is used for foods that do not require refrigeration or freezing. Foods generally stored in the dry storage area include foods such as canned goods, flour, sugar, rice, and cereal. Some fruits and vegetables, such as bananas, onions, and potatoes, may also be stored in the dry storage area. The following guidelines will help ensure that foods stored in this area maintain their quality and remain safe:

- Maintain the dry storage room temperature between 50°F and 70°F.
- Keep the area clean and dry by having a cleaning schedule for floors, walls, shelving, and light fixtures.
- Store all items 6 to 8 inches off the floor so that all areas of the floor can be cleaned.
- Date all items when they are placed in storage.
- Items removed from the original container, such as rice or flour, should be placed in air-tight containers made for food storage and labeled with the contents and date placed in storage.
- Use FIFO (First In, First Out) so that older items are used first.
- Always store chemicals in a separate area from food and food-related items. Chemicals should be stored out of the reach of children and should not be used by unauthorized personnel and visitors.

Proper storage of food reassures you of the safety of the food. If there is any doubt about the safety of a food item, it should be thrown out. ***If in doubt, throw it out.*** There is no reason to take chances with the health and well-being of the children in your care.

Source:nfsmi.org



CHILD CARE CENTERS
REFERRALS • TRAINING

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Staff	Position	Extension
Mindy Bennett	Director of Programs	224
Molly Manley	CACFP Coordinator	228
Lynn Harris	CACFP Monitor	247
Larry Gist	Database Manager	249

Monday	8:00 A.M.— 5:00 P.M.
Tuesday	8:00 A.M.—5:00 P.M.
Wednesday	8:00 A.M.—5:00 P.M.
Thursday	8:00 A.M.—7:00 P.M.
Friday	8:00 A.M.—2:00 P.M.




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June 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7 MAY CLAIMS DUE!	8	9	10	11	12
13	14 Flag Day 	15	16	17	18	19
20	21 Office closed 11:30-1:30 (Staff meeting)	22	23	24	25	26
27	28	29	30			